



# HEALTHY BREAK SCHEME

The Department of Education, the Department of Health, Social Services and Public Safety and the Health Promotion Agency for Northern Ireland have produced a publication, which all grant-aided schools should adhere to. The programme recognises the important role of schools in contributing to childhood nutrition and the development of the knowledge and skills necessary to make healthier food choices. It also forms part of the Assembly's 'Investing for Health' strategy, which is committed to improving children's health and well-being.

Hollywood Primary School has an existing healthy 'break' scheme for all staff and pupils that is well supported by parents. Below are suggestions of recommended foods for break time and a list of 'must nots' as a reminder to existing Hollywood Primary families and information for new starts.

|  <b>YES</b>        |  <b>NO</b> |
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| Pieces of fresh fruit<br>eg: banana or apple  | Confectionery<br>eg: sweets of any kind including fudge, toffee and sherbet                  |
| Fruit pots of sliced<br>or chopped fresh fruit  | Chewing gum  |
| Canned fruit in natural juice   | Bars of milk, plain or white chocolate   |
| Salad pots  | Packets of chocolate buttons or chocolate filled eggs  |
| Vegetable sticks with a low fat dip   | Cakes, buns, jam tarts or mince pies   |
| Raw vegetables such as<br>tomatoes, carrots, celery,<br>peppers and cucumber                        | Potato crisps or Pringles  |
| Bread or pancakes with a thin spread of<br>margarine  | Chocolate spread   |
| Scones (plain or wholemeal), dried fruit<br>(not glace cherries) with a thin spread of<br>margarine | Fizzy drinks, pure fruit juice<br>or energy drinks   |
| Plain breadsticks or crackers with a dairy,<br>fruit or vegetable portion                           | <b>NO NUTS!!</b>   |